

<b>Cha-Cha</b>	<b>8 counts – 10 weight changes</b>
<b>1 2 3 4 &amp; 5 6 7 8 &amp;</b>	

<b>Mambo</b>	<b>8 counts - 6 weight changes</b>
<b>* 2 3 4 * 6 7 8 * = Hold</b>	

<b>Salsa</b>	<b>8 counts – 6 weight changes</b>
<b>1 2 3 * 5 6 7 * * = Hold</b>	

<b>Samba</b>	<b>4 counts – 6 weight changes</b>
<b>1 a 2 3 a 4</b>	

<b>Polka</b>	<b>4 counts – 6 weight changes (8 counts – 12 weight changes)</b>
<b>1 &amp; 2 3 &amp; 4 (5 &amp; 6 7 &amp; 8)</b>	

<b>East Coast Swing - Triple Time</b>	<b>6 counts – 8 weight changes</b>
<b>1 &amp; 2 3 &amp; 4 5 6</b>	

<b>West Coast Swing</b>	<b>6 counts – 8 weight changes</b>
<b>1 2 3 a 4 5 a 6</b>	

<b>Two Step</b>	<b>6 counts – 4 weight changes</b>
<b>1 2 3 * 5 * * = Hold</b>	

<b>Triple Two</b>	<b>6 counts – 8 weight changes</b>
<b>1 2 3 &amp; 4 5 &amp; 6</b>	

<b>Nightclub 2</b>	<b>4 counts – 6 weight changes</b>
<b>1 2 &amp; 3 4 &amp;</b>	

<b>Waltz</b>	<b>6 counts – 6 weight changes</b>
<b>1 2 3 4 5 6</b>	

<b>American Tango</b>	<b>8 counts – 4 weight changes</b>
<b>1 * 3 * 5 6 * *</b>	
<b>* = Hold</b>	

**Charleston**

**4 counts – 2 weight changes**



**& 1 & \* & 3 & \* (& = swivels, \* = touches or kicks)**